



March 2015

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



Social Work Month

— Page 9

Deployability Clinic Consolidates Services for Wounded, Ill or Injured Sailors

STORY AND PHOTOS BY REBECCA A. PERRON
NMCP Public Affairs

Naval Medical Center Portsmouth celebrated the establishment of the Deployability Clinic with a ribbon cutting and open house March 12. The clinic offers a one-stop shop for medical and administrative services for Sailors who are designated as wounded, ill or injured.

“We are here for one reason, and that is to take care of people in uniform and help them get prepared to return to the (fleet),” said Cmdr. Kevin Brown, director for Public Health Services. “Our ability to (care for these patients) with efficiency, with skill and with grace is what this team is all about.”

The concept focuses on improving the efficiency and continuity of care for wounded warriors. The clinic combines the deployability section that previously was a part of the Military Personnel Office with a Medical Home team composed of a doctor, nurse and several corpsmen.

“I credit you guys with taking a vision and turning it into what works for the patients you care for every day,” said Capt. Darin Via, NMCP commanding officer. “This was an area that you know there were a lot of variants. We were doing things differently throughout. As we focus on being a high reliability organization, we must ensure that we minimize variants to get optimal outcomes. Our focus is on value and readiness.”

Realizing that there is potential for the clinic to make



HMC Sharon Halliday, NMCP's deployability coordinator, right, gives a tour of the clinic to Capt. Darin Via.

an even greater impact on care, Via encouraged the team to develop ways to expand their services.

“I know you just moved in, but my challenge to you is to recognize other areas of care that can be brought under the Deployability Clinic umbrella, such as sea duty or overseas screenings,” Via added. “I think you are already leading that challenge to make this even bigger and take it to the next level.”

The clinic staff began seeing patients in January, and has already formed a rapport with their patients, consolidat-

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Statue Donated Honoring “Women of the War on Terror”

The 18-inch bronze bust was unveiled during a ceremony held in conjunction with Women's History Month. The statue symbolizes all women who have served since 9-11.

See Page 6 to read the story.

Save the Date

Park View Elementary Volunteer Opportunity

NMCP's partnership with Park View Elementary is continuing during the 2014-15 school year and gives staff the chance to make a difference in the students' lives.

Volunteer opportunities include being a math or reading tutor, assisting in the library, remediation block tutoring from 2:40 – 3:10 p.m., and being a lunch buddies mentor during lunch hours – from 10:50 a.m. – 1:30 p.m. Clubs after school include math and science clubs, and the strings program for violin or cello.

There are also one-time volunteer opportunities throughout the year for events such as the science fair, celebrity reader day, career day and field day.

Those who are interested in volunteering should contact Lt. Cmdr. Mark Edwards at mark.a.edwards2.mil@mail.mil; or HM1 Ann-Marie Rippentrop at annmarie.l.rippentrop.mil@mail.mil.

PAIRS Marriage Retreat

The PAIRS Marriage Retreat is a wonderful opportunity for couples to strengthen their marriages by learning more effective ways of communication.

The next retreat is May 1 – 3.

For information, call 722-9961 ext. 3601 or email Laura.Quintero@va.gov.

Upcoming Fleet and Family Support Center Workshops

Fleet and Family Support Center at NMCP is located in Bldg. 249 next to the Child Wait Center. Workshops are open to active duty, retirees, dependents and DoD civilians. Child care is available if arranged in advance. Call 953-7801 or email amanda.burbage.ctr@navy.mil to register.

Personal Communication

Personal Communication workshop is April 16 from 1 – 2:30 p.m. Participants

will learn about different communication styles, conflict resolution and ways to develop more effective speaking and listening skills.

Love Thinks

Love Thinks workshop is April 16 from 2:30 – 4 p.m. Learn how to avoid common dating missteps when developing a new romance. This a program for single or newly-dating who are tired of playing dating games and are ready to keep it real.

Developing Your Spending Plan

Developing Your Spending Plan workshop is April 28 from 2 – 3:30 p.m. Do you want to get control of your financial life? This workshop can help you develop a realistic spending plan. With this spending plan in place, you'll be on your way to paying your bills on time and achieving your short and long-term financial goals.

Building Healthy Relationships

Building Healthy Relationships workshop is April 22 from 2 – 4 p.m. This session is designed to educate participants on how to successfully nurture intimate relationships. Topics include emotional record keeping expectations, communication and developing healthy habits. Do you know and meet your partner's top 3 needs? Do they know and meet yours? If not, this course can help!

Oakleaf Club Open to New Members

The Oakleaf Club of Tidewater is open to Medical, Dental, Nurse and Medical Service Corps active and retired officers and their spouses in Hampton Roads. The club is a charitable organization benefiting the Hampton Roads naval medical community. We are happy to welcome new members.

For membership information, email tidewater.oakleaf@gmail.com.

THE COURIER

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EXECUTIVE OFFICER

Capt. Bradford L. Smith

COMMAND MASTER CHIEF

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Submissions should be in Word format, with photos submitted separately from the document and in jpeg or tiff format.

The Public Affairs Office is located in Bldg. 1, 3rd Deck, Rm. C308.

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No More Snow Days for Black History Month

STORY AND PHOTOS BY MC₂ (SW) KATHRYN WROBEL
NMCP Public Affairs

Staff members at Naval Medical Center Portsmouth were set to celebrate Black History Month in mid-February, complete with performances by the Fleet Forces Band Protocol Combo and local dancers from Dance Dimensions. But Mother Nature and Jack Frost had other ideas when about six inches of snow and ice fell on southeastern Virginia, leaving commands like NMCP closed.

NMCP's Diversity Committee worked with Fleet Forces Band, the dance group and the guest speaker to reschedule the event for a day when they could all attend. So four weeks later, on March 20, NMCP's staff came together in the chapel to celebrate the month and the theme, "A Century of Black Life, History and Culture."

During his opening remarks, Capt. Bradford L. Smith, executive officer, noted the contributions the community has made to every aspect in society, from medicine and science to literature and music.

"When we talk about diversity, that is the real strength of this nation," Smith said. "We are so fortunate to have such a broad, diverse group of backgrounds and cultures. It just makes us all that much stronger. How fortunate are we to have those opportunities."

Additionally, he highlighted the great contributions black Americans have made to the military, having fought with honor in every major conflict in the nation's history. The tradition continues with Vice Chief of Naval Operations Adm. Michelle Howard, another leader and contributor to success for our diverse nation.

The guest speaker, Command Master Chief (SW/AW/FMF) Michael C. James of Navy Medicine East, spoke about well-known and under-recognized heroes of the community who served the country and helped lay the foundation for the diverse Navy that exists today.

"Black history is American history," James said. "I can't think of a better time to share with you the rich history lived by black Americans who served our nation through naval service despite



The group of students from Dance Dimensions perform a dance.

prejudice, and who, through their dedication and sacrifice, helped shape the Navy to the powerful force we have today.

"We must continue to ensure equality in all our ranks," James continued. "We must ensure that we recruit the best and talented youth today, regardless of color or gender, in order to improve our Navy and to ensure diversity tomorrow. Although we have made major progress in our Navy and nation, we must continue to fight to ensure justice and equality prevails for all Americans."

During the ceremony, members of Dance Dimensions, a local dance and music academy, performed two dance routines. The Fleet Forces Band Protocol Combo performed songs by Louis Armstrong and Ray Charles, sharing musical contributions made by black performers.



MU2 Michael Sapien (guitar), MU3 Clifford Cameron (keyboard) and MU3 Julius Coker (vocals) of the Fleet Forces Band Protocol Combo perform Louis Armstrong and Ray Charles songs.



Left: The members of Dance Dimensions perform their second dance routine.

Joint Dental Conference Benefits Dentists, Patients

STORY AND PHOTOS BY MC2 (SW) TERAH L. BRYANT
NMCP Public Affairs

Naval Medical Center Portsmouth welcomed the 2014 Hampton Roads Federal Services Dental Continuing Education Conference March 9 – 10. The two-day event drew 160 dentists from the Navy, Air Force, Army, Public Health Service, Coast Guard and Veterans Affairs.

During the conference, the dentists attended lectures on a variety of specialties and participated in a table clinic presentation, where dental residents presented case studies, research studies and information on dental techniques. The conference offered continuing education credits that the dentists must keep current to maintain their license.

Originally, each service held separate annual dental meetings, but in 1998, they came together for one joint conference, which offers more value in the training through a greater variety of presenters and expertise.

“Today, the conference provides continuing education courses to a larger audience at once,” said Cmdr. Raynese Fikes, director for Dental Services at NMCP. “We have guest speakers representing different specialties who choose the most relevant topic to present.”

The new information the dentists gather through the lectures and the table clinic presentations ultimately benefits their patients.

“There was a lot of information presented throughout the two days – new concepts and techniques were introduced, as well as refreshers on concepts seen commonly in our dental practice,” said Lt. Mary Catherine McGinn, a resident at NMCP. “It was great to see the clinical cases presented and a lot of the information can be applied to our assessment of the oral health of our patients. I really enjoy events where you can meet other members of the Navy Dental Corps, as well as those practitioners in the Army and Air Force.”

Lecture topics included erosive tooth wear, endodontic diagnosis and cleft lip, among others.

The table clinic presentations were given by the general practice residents, as well as the advanced education in gen-



Lt. Steven Milord talks to attendees about his table clinic presentation, Case for Third Molar Autoimplantation.

eral dentistry residents. The 22 residents gained the experience of presenting information in a format common to the medical community and is a requirement of their residency.

“The table clinics were a great way to present a large variety of information, and it allowed participants to spend more time at the posters where they were more interested,” said McGinn, one of the presenters. “The table clinic format is a good way to introduce more specific topics in dentistry and made it easy for the participants to ask questions and have discussions as well.”

In addition to the eight lectures, Rear Adm. Stephen Pachuta spoke about the importance of the work of the dental community. Pachuta is the director of the Medical Resources, Plans and Policy Division at the Navy Bureau of Medicine and Surgery, and the chief of the Navy Dental Corps.

“What we do in the military is hard work, and being in health care is hard work, but you are up for the challenge and I thank you,” Pachuta said. “Don’t be afraid to have diversity in your job. Focus on broadening your career and your career development. For the Navy Dental Corps, recruiting and retention has never been higher. Retention is at 50 percent, which reflects your genuine commitment to service.”



Rear Adm. Stephen Pachuta, chief of Navy Dental Corps, speaks about health care manning.



Air Force Capt. Americo Gambella presents his table clinic presentation, Soothing Sensitive Teeth.

Culture of Safety Promoted during Awareness Week

STORY AND PHOTOS BY MC₂ (SW) TERAH L. BRYANT
NMCP Public Affairs

While Naval Medical Center Portsmouth focuses on promoting a culture of patient safety throughout the year, Patient Safety Awareness Week 2015 gave NMCP staff the opportunity to showcase the efforts that go into keeping patients safe while delivering premiere health care.

During the week, the Office of Quality Management hosted a safety fair, which incorporated 43 creative strategies to emphasize this year's theme, "United in Safety." Awards for the top three displays were given during a ceremony March 19.

Awards were presented to the pharmacy for their "Sham-Rocking Your Meds" presentation; to simulation and health care providers for their "United in Safety" display; and to Branch Health Clinic Northwest's Primary Care Directorate for "Patient Safety through Education."

"The fair was absolutely amazing," said Capt. Bradford Smith, NMCP's executive officer. "We walked through the hall to see all 43 different displays and posters; we were taken aback to see so many folks who put time into such amazing displays. It is so gratifying to see people up and down the chain of command, especially junior Sailors, passionately talking about patient safety."

According to Smith, the fair shows "our patients our command vision – through a culture of patient safety and as a high reliability organization, we make sure that everything we do, we do to the best of our ability while delivering health care."

During the fair, educational materials were provided to guests highlighting the pivotal role that patients play in improving the safety and quality of the care they receive, including being knowledgeable about treatment plans and asking health care professionals for clarification when they don't understand.

At the beginning of the week, information pertaining to "Ask

Me 3" was distributed in the outpatient clinics and inpatient areas to encourage patients to ask specific questions about their health care. Ask Me 3 is a patient education tool urging patients to ask their health care providers "What is my main problem?", "What do I need to do?" and "Why is it important for me to do this?"

"Enriched communication begins with an informed and engaged patient, and helps to lead to safer care by reducing the incidence of error," said Karen McAdoo, Patient Safety Representative. "The patient is an integral team member in that reduction."

Patient Safety Awareness Week is an annual education and awareness campaign for health care safety created by the National Patient Safety Foundation in 2002.

Health care providers were encouraged to join the campaign by wearing "I Speak Up for Patient Safety" buttons on their lapels to encourage constructive dialogue between patients and health care providers.

"It's a great to be part of such a large community that focuses on patient safety," said Capt. Bradford Smith, NMCP executive officer. "Everyone is on the same page and engaged to make sure we are doing our very best for our patients."

In a letter written by Vice Adm. Matthew L. Nathan, Navy surgeon general, he asks that patient safety be in the forefront of everyone's minds.

"As many command activities come to an end in recognition of National Patient Safety Awareness week, I ask for an 'all hands' effort to continue to promote patient safety as a year

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Aimee Thomas speaks with Capt. Darin Via, commanding officer, about her presentation.



Lt. j.g. Simon Conrad and HA Matthew Trond instruct a staff member to drive a remote control car on a simulated icy road from her house to base, to encourage the complications of driving on ice. The two also cautioned guests to keep an emergency kit in the car as part of their Safe Winter Driving presentation.

Statue Honoring Women in War Donated to NMCP

By REBECCA A. PERRON
NMCP Public Affairs

Naval Medical Center Portsmouth accepted the donation of a statue March 10 dedicated to the women who have served in support of Operation Enduring Freedom, Operation Iraqi Freedom and the Global War on Terror.

The 18-inch bronze bust of the head and upper torso of a female in battle gear was unveiled during a ceremony held in conjunction with Women's History Month. The statue, titled "Women of the War on Terror," symbolizes all women in all branches of service who have served since 9-11.

The statue was the idea of Logistics Specialist 2nd Class (EXW/SCW/AW) Angelina Colon-Franceschi, who is assigned to Navy Cargo Handling Battalion One at Naval Weapons Station Yorktown, and her husband, Giovanni, who together raised the money to have the statue commissioned. The 80-pound bust sits on a pillar that is adorned with the names of the 158 women who have died in combat since 2001.

During the ceremony, Capt. Darin K. Via, NMCP commanding officer, remarked at the appropriateness of a logistics specialist developing the idea for the statue.

"When you see the Navy uniform (in theater), it's usually one of three groups – special operators, medical and logistics specialists," Via said. "So it's rather befitting that we have a logistics specialist who designed the bust representing all women and their service to the military. We can proudly display the bust here at NMCP, where we've had so many women go out to represent the hospital as we care for those injured in harm's way."

Six of NMCP's female staff stood alongside the statue during the ceremony, representing the 251 women who have deployed from NMCP to the battlefield.

When Colon-Franceschi addressed the audience moments before the unveiling, she highlighted the service of women during the GWOT and the importance of remembering them.

"I began working on the statue in 2012 with my husband after we realized that many statues were being created to recognize the bravery of our troops and fallen, yet there weren't any that were created for women," Colon-Franceschi said. "We have seen the highest number of women enlist to serve in a time of war. Many who have been awarded for valor in combat have been breaking the barriers in their career field. Unfortunately, these wars have also had the greatest toll of any – injury and death – to our service women."

"The names of the women who have made the ultimate sacrifice since the beginning of the Global War on Terror will always have a place in our nation's history," Colon-Franceschi added.

Colon-Franceschi was then joined by Via and NMCP's executive officer, Capt. Bradford Smith, who together pulled off the red cloth to reveal the statue. Applause erupted among the dozens of staff who had gathered to get the first glimpse of the statue.

Much of the bust was designed from pictures of Colon-Franceschi. She wore her combat gear while her husband photographed her from all angles.



Photos by MCCA (IDW/EXW/AW) James Perkins

Capt. Bradford Smith, NMCP executive officer, left, Capt. Darin Via, NMCP commanding officer, and LS2 (EXW/SCW/AW) Angelina Colon-Franceschi remove the red cloth to reveal the statue.

"The sculptor started working on the statue about a year ago, and it took about six months to make," Colon-Franceschi said. "I was used as the model for everything but the face. I put on my combat gear and my husband took pictures in 360 degrees. I asked the artist to craft a face that would represent women in general. He came up with different images and, as it was developing, we would post pictures to Facebook and get feedback."

Colon-Franceschi started a Facebook page named after the statue three years ago as a way to document the timeline for the project. Originally, the sculpture was to be made out of wood. But the wood that was donated to them became moldy. The Facebook page then became the source for support for the statue to be made from a more durable material.

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PATIENT — *Continued from Page 5*

round focus – especially as Navy Medicine, along with the rest of the Military Health System, pursues our journey towards high reliability,” Nathan wrote.

To promote patient safety year round, the Office of Quality Management performs culture survey analysis, failure mode effects analysis, training and education, as well as monitoring the trends of patient safety reports.

Culture surveys are performed in high-risk areas of the hospital, such as the Intensive Care Unit and the emergency room, to ensure that staff feel they are working in a safe environment, being treated fairly and would feel comfortable to speak up if they had a safety concern.



During the patient safety award ceremony March 19, first place went to the pharmacy for their “Sham-Rocking Your Meds” presentation.

Failure mode effects analysis is required every 18 months and is a proactive method for evaluating a process. The evaluation helps identify where and how that process might fall short, determine the impact it could have, and identify steps in the process that could be improved.

Within the patient safety system, staff and leaders focus on treating each other with respect, learning from patient safety events, and eliminating complacency.

“A culture of safety exists within an organization when each individual employee, regardless of their position, assumes an active role in error prevention,” McAdoo said. “The mission of patient safety is to promote a culture of safety.”



Laboratory staff talk about laboratory safety at their display.

BUST — *Continued from previous page*

“Some people donated money, some helped with the project,” Colon-Franceschi said. “The sculptor actually contacted us and offered to make the sculpture, so we raised the funds. Someone in Norfolk volunteered to make the pillar, and a company in Virginia Beach volunteered to make the nameplates.”

Giovanni assisted his wife throughout the project.

“I helped her make contacts since she’s always going in and out on her detachments,” Giovanni said. “I’m proud of her. It takes a lot to get this done. As she said before, there wasn’t a statue at the time, and she went out of her way to do something that really hasn’t been done for women, and there’s nothing greater than giving back to the community that’s given her her life in the military.”



Capt. Darin Via, NMCP commanding officer, and LS2 (EXW/SCW/AW) Angelina Colon-Franceschi stand with the “Women of the War on Terror” statue after the unveiling.

Clinic Promotes GI Health Awareness, Colorectal Cancer Screenings

By NMCP PUBLIC AFFAIRS STAFF

Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer, which is why the Gastroenterological Clinic staff at Naval Medical Center Portsmouth is serious about spreading GI health awareness.

The clinic set up a booth March 25 to share information with patients, in conjunction with Colorectal Cancer Awareness Month and Gastroenterology Nurses and Associates Day. Zenaída Laxa spoke with staff, patients and visitors and handed out materials on the topic.

“Because colon cancer is the second leading cause of cancer death, we want to stress the importance of getting screened,” Laxa said. “When colorectal cancer is detected at a very early stage, it’s treatable and it’s preventable.”

About 140,000 Americans are diagnosed with colorectal cancer annually, and more than 50,000 people die from the disease each year. Most colorectal cancers develop from a polyp, and the removal of polyps can prevent cancer.

According to Laxa, patients can have polyps or colorectal cancer and not know it, and that’s why the screening tests are so important. The screenings can detect colon cancer before symptoms develop, although in many cases, patients never develop symptoms. She also noted that only a colonoscopy can see the

entire colon.

Patients who have colon cancer can experience symptoms of abdominal pain and tenderness in the lower abdo-

men, blood in their stool, changes in bowel habits, intestinal obstruction, unexplained anemia and unexplained weight loss.

“Risk factors for colorectal cancer include hereditary colon polyps and long-standing ulcerative colitis,” Laxa said. “Everyone over the age of 50, and over 45 for African Americans, should get screened.”



Photos by MC2 (SW) Kathryn Wrobel

Zenaída Laxa answers questions about GI health for a customer at the Gastroenterological Clinic’s informational table.

This marks Laxa’s ninth year hosting the campaign booth. She said some are embarrassed to talk about the disease, which makes spreading the word about the disease and ways to prevent it even more important.

Laxa is passionate about promoting awareness, especially because she knows some of those who she talks to have scheduled a screening afterward.

“While staffing the booth, I have been approached by people who have said, ‘Thank you for doing this. You saved my life. Because of you, I had my screening and had my colon resected, and now, I’m living a cancer-free life,’” Laxa said. “It’s simple things like that that I know this makes a difference. It’s a good feeling to know that I’ve helped.”

Additional materials available at the booth covered diseases and conditions such as diverticulitis, diarrhea, hemorrhoids, Crohn’s disease, esophageal reflux disease and hiatal hernia.

“The Gastroenterology Clinic is one of the busiest clinics at NMCP, and we work as team in providing care and spreading the importance of getting screened for colorectal cancer,” Laxa said.



Zenaída Laxa stands by for staff, patients and visitors who she can share information with about colorectal awareness.

Social Work Month:

Paving the Way for Change More than a Theme

STORY AND PHOTOS BY
REBECCA A. PERRON
NMCP Public Affairs

Transforming Lives.

These two words are what social workers like Lisa Davies-Morris use to describe the best part of their profession and the impact they have with their patients.

As a licensed clinical social worker and member of Naval Medical Center Portsmouth's Bereavement Team, Davies-Morris works with parents who have lost an infant. She also facilitates a therapy group for service members who are being medically discharged.

The difference in these two groups of patients hints at the diversity of treatment offered by licensed clinical social workers, who are a sub-specialty within the social work field. They help their patients deal with issues involving their mental and emotional health. This could be related to mental illness, past trauma or substance abuse.

Social workers function in different roles depending on their area of expertise, whether in NMCP's Social Work Department or Mental Health Department.

"We serve different populations based on what their problem is," said Lt. Cmdr. Beth-ann Vealey, the Crisis Stabilization



Some of NMCP's social workers gather during Social Work Month. From left, Lisa Davies-Morris, assistant department head; Kimberly Barnard-Bracey; Lt. Adrian Evans, division officer; Patty Peters; and Tamu Harris.

Program manager. "There are so many things that we do, between medical social work and clinical social work, that we make a tremendous contribution."

For Davies-Morris, making that contribution started when she fell in love with the study of the mind and how people think after taking a few psychology classes in college.

"We have a lot of power to really make a difference in people's lives through a lot of different avenues," said Davies-Morris, the Social Work Department's assistant department head.

During her 13 years at NMCP, she has been a provider with Inpatient Psychiatry working with individuals and families

to provide crisis counseling. In 2003, she began the process therapy group so those being medically discharged had a place to process their struggles.

"It is for their support, so they can talk about whatever they need to," Davies-Morris said.

"Perhaps they are feeling badly about their diagnosis, or are experiencing different fears. The group offers them a safe place where they can process that. I use solution focus techniques, so instead of being stuck and feeling helpless or disempowered, I ask them how they can use this as an opportunity to turn the disability into ability."

Since 2005, she has specialized in bereavement, supporting families who have lost an infant at any gestational age. Every day, she hears heartbreaking stories that are filled with emotional energy.

"People come in and think it will be difficult to deal with their grief," she said. "By the time they leave, they are feeling better. Even though they had to sort through all their emotions, I help them find opportunities for growth in their journey. I don't want them to feel broken."

For many of her patients, it's about teaching them that their journey results in strength.

"We are taught from a young age that vulnerability is weakness, but I teach the opposite," Davies-Morris said. "Vulnerability is strength – when you work through the sadness, the guilt, the anger and all the emotions, that's how



Tuula Koraska demonstrates a portion of the eye movement desensitization reprocessing, or EMDR, therapy.

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Simulated Patient Encounters, Skills Training to Boost Intern Proficiency

By REBECCA A. PERRON
NMCP Public Affairs

Lt. Courtney Detring sat outside a patient exam room at Naval Medical Center Portsmouth March 18, waiting to be called in by the specialist. But Detring wasn't the patient – she's an intern at NMCP and was participating in a new General Medical Officer Curriculum Course in the Healthcare Simulation Center.

Detring and four other interns spent the morning rotating through five standardized patient encounters – a live, simulated patient and a board-certified specialist set the scene, and then the intern entered the simulated exam room as the doctor. During each “appointment,” the specialist graded the intern in his or her ability to gather a patient history, perform an assessment and develop an appropriate treatment plan.

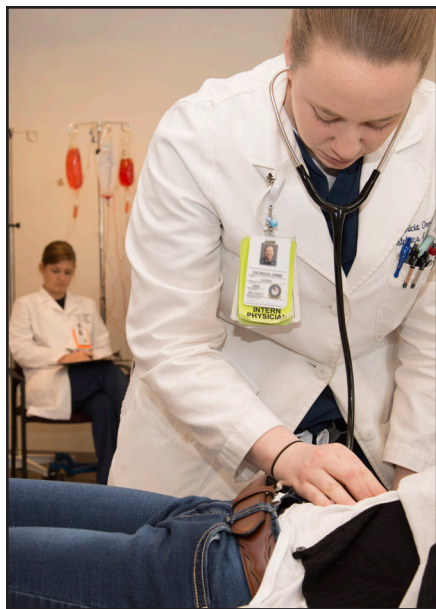


Photo by MCCA (IDW/EXW/AW) James Perkins

Lt. Patricia Orme listens to the abdomen of a simulated patient during the General Medical Course Curriculum Course while she is assessed by a member of NMCP's faculty.

be prepared for something we may see, and need to be able to handle. I'm excited to have that opportunity.”

The five patient scenarios are overseen by specialists in general surgery, mental health, neurology, emergency medicine and cardiology, and are Phase 2 of the course. During Phase 1, interns attend skills sessions where specialists work with a small group of interns to make sure they are proficient in basic procedures, called core competencies.

The course is for interns who will become sole practitioners assigned to ships, submarines and squadrons – general medical officers, undersea medical officers or flight surgeons – after they graduate from their yearlong internship in June.

“I think it's going really well,” Detring said as she waited to be called in for the final scenario. “I'm definitely glad that we have the opportunity to go over cases that we will see, or at least

The course was developed after the core competency requirements for general medical officers in the Navy, Air Force and Army were revised.

NMCP is the first Navy hospital to develop a program specific to GMO-designated interns using the simulation center. The goal is to export the program to other hospitals with a Graduate Medical Education Program.

“Internship is not as broad as medical school,” said Lt. Cmdr. (Dr.) John Alex, an emergency physician and the deputy director of the Healthcare Simulation Center. “There are surgery interns who have been doing surgery this whole last year, so maybe three-quarters of their rotations are in a surgical subspecialty. Maybe they haven't seen a lot of low back pain or dealt with a lot of headaches, whereas a transitional intern or an emergency medicine intern has rotated through the hospital and has probably seen these types of cases. So this is to refresh the skills they may not have practiced recently, as well as ensure they have a certain level of confidence in treating their patients.”

The core competencies range from splinting and immobilizing extremities and the removal of skin lesions, to toenail removal and peripheral nerve block anesthesia. The Phase 1 sessions are offered regularly, and the Phase 2 sessions are held each month. Interns must complete both phases by June.

“Many of us recognize that we were often put in austere environments by ourselves as relatively junior physicians and that this kind of training would have been invaluable to us,” said Cmdr. (Dr.) Carl Petersen, associate director for Professional Education, which oversees the Graduate Medical Education programs. “We are all excited that we can give this training to our intern graduates before they leave.”

During both phases, interns can ask questions of the specialist to ensure familiarity with the common complaints presented during the patient “appointments,” and familiarity with the steps performed during the skills sessions. The result is one-on-one feedback from the specialists. The specialists highlight what the interns are doing well, and offer constructive criticism for areas they need to work on.

“I was very, very impressed, very pleased with their performance,” said Petersen, a psychiatrist who proctored the Phase 2 mental health scenario. “Certainly some of them needed a little bit of guidance and some feedback, but by and large, I was very impressed with their performance and feel very comfortable with all of them going out to the fleet at this point.”

“The training reminds me of a course we took to finish medical school with the standardized patients, which helps us learn which questions to ask,” said intern Lt. Paul Maldonado. “Completing the 23 core competencies are skills that we will actually use in the fleet.”

“I think this is a great opportunity to have some experience

— See **GMO**, next page

Crisis Stabilization Program Receives Vikki Garner Award

The Mental Health Directorate received the 2014 Vikki Garner Memorial Award for Excellence in Quality Improvement for its "Crisis Stabilization Program" on March 19.

The program addresses an increasing need of services for mental health patients in crisis who do not require hospital admission. Daily clinical oversight, ongoing support for six days with multiple therapeutic interventions improves patients' access to care, decreases isolation, and behaviorally activated the patients and improves the safety and well-being of the program participants.

This has resulted in a 55 percent overall decrease in functional impairment, a 75 percent increase in resiliency to stress, a 22 percent decrease in anxiety symptoms, a 30 percent decrease in depression symptoms, and a

13 percent improvement in quality of sleep.

The Vikki Garner Memorial Award for Excellence in Quality Improvement is awarded annually to an individual or a team that identifies a significant quality improvement opportunity

and implements an innovative solution which improves the quality of care. The award recognizes achievements that will have a long-lasting impact on reaching the goal of improving the quality of care and promoting a culture of patient safety throughout the command.

The award was created in memory of Garner, who died in 2007 after serving as NMCP's associate director of Health Care Quality Improvement, and who is remembered for her contributions to the culture of excellence at the medical center.

Executive Officer Capt. Bradford Smith and HMCM (EXW/FMF/SW) Aaron VanDall presented members of the the Mental Health Directorate with the 2014 Vikki Garner Memorial Award for Excellence in Quality Improvement for its "Crisis Stabilization Program."



Photo by MCCC (IDW/EXW/AW) James Perkins

GMO — Continued from previous page

with the 'bread and butter' things that we are supposed to know as a GMO, but that we may not be doing every day here (during the internship)," Detring added. "It's definitely good to either get a refresher if it's something you are familiar with, or if you haven't ever seen it before, you're first time isn't going to be out on your own. At least you've seen it and know the basic steps of what you need to do."

Lt. Ronald Fenton examines a simulated patient who is complaining of low back pain while he is assessed by Lt. Cmdr. John Alex, an emergency physician and the deputy director of the Healthcare Simulation Center.



Get Active, Get Healthy

NMCP Celebrates National Nutrition Month

STORY AND PHOTOS BY
MC₂ (SW) TERAH L. BRYANT
NMCP Public Affairs

Staff of Naval Medical Center Portsmouth stressed the importance of being healthy during National Nutrition Month with a health fair March 19.

Informational tables were displayed by staff from Command Fitness, the library, the Wellness Department, the Coalition of Sailors Against Destructive Decisions and others with messages that emphasized the importance of staying active and eating right.

National Nutrition Month is a campaign designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

"A lot of people don't understand the role of nutrition," said Rebecca McCandless, intern dietetic. "We do this fair so they can gain knowledge and see exactly what is going on."

The theme for this year – 'Bite into a Healthy Lifestyle' – encourages everyone to adopt eating and activity plans that are focused on consuming fewer calories, making informed food choices and getting daily exercise to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote over-

all health.

To assist staff, guests and family members with attaining a healthier lifestyle, librarians brought books and similar resources to their table.

"There are many different ways to find information these days," said librarian Lisa Eblen. "We have

nutrition books that can be checked out, and computers for researching information. We can help with apps that are available, and we will make sure it's the right information and not material from a questionable source."

Command Fitness representatives Hospital Corpsman 3rd Class (FMF) Shane Dixon and HM3 Dustin Collamore debunked common myths about losing weight.

"Some people think that all they need to do is eat less and they will lose

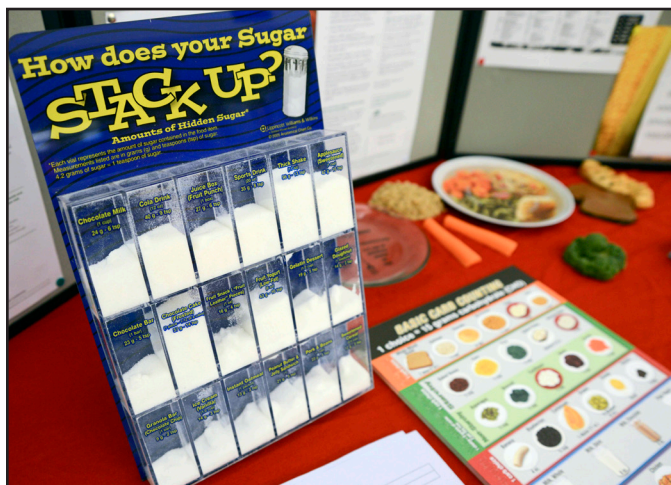
weight," Dixon said. "While eating less can play a part, we should be eating six small, healthy meals a day and combine it with physical activity in our daily routine."

Dixon also mentioned that "any physical activity is good. It is not just about (one type of exercise). You can even exercise by playing sports."

CSADD promoted healthy living by giving information on making exercise



Head librarian Jane Pellegrino, left, displays the Library Services table with librarians Tracy Shields, center, and Lisa Eblen. Yes, even the crew's library plays a part in helping us learn more about nutrition.



Wow! That's a lot of sugar hidden in everyday items.

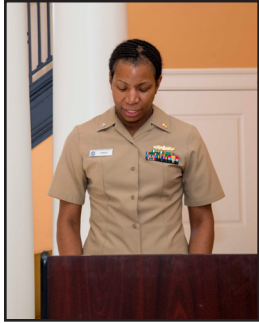


HN Charles Nallie performs a fitness exam to test his strength.

— See **HEALTHY**, next page

NMCP Celebrates Birthday of Medical Corps

Naval Medical Center Portsmouth celebrated the 144th Medical Corps birthday on March 6 with the reading of birthday letters from the Hospital Corps director, Corps chiefs and Vice Adm. Matthew L. Nathan, Navy surgeon general, before cutting the ceremonial cake.



The ceremony concluded with the most senior and junior members of the Medical Corps, Capt. Rob Mendez and Ensign Savannah Woodward, cutting the cake.

Cmdr. Raynese Fikes reads a message from Rear Adm. Stephen Pachuta, Chief of the Dental Corps.



Capt. Bradford Smith, NMCP's executive officer, reads the message from Vice Adm. Matthew L. Nathan, the Surgeon General of the Navy. Nathan said that as a globally engaged force, the Medical Corps provides unmatched value to the Navy, Marine Corps and our nation, serving from the depths of the sea to the new frontiers in space.



Cmdr. Lonnie Hosea reads a message from Rear Adm. Rebecca McCormick-Boyle, Chief of the Nurse Corps. McCormick-Boyle said that the Medical Corps strength undoubtedly lies in its collective ability to unite a diverse workforce of medical and surgical specialties into a galvanized force that is inherently focused on the care and support provided to service members, veterans and their families.



Capt. Rob Mendez, the most senior Medical Corps officer at NMCP, and Ensign Savannah Woodward, the most junior Medical Corps officer at NMCP, cut the ceremonial cake marking the Medical Corps' 144th birthday.

HEALTHY — *Continued from previous page*

fun. Their information included local pools, group workout sessions and runs available in the area, as well as a fact sheet with 20 tips for exercising.

Some of the tips included setting S.M.A.R.T. goals, which are specific, measurable, achievable, realistic and timely. The tip encourages starting new exercises slowly, and allowing for gradual increases in intensity, frequency and duration of activity to prevent injuries. Other key aspects are to stay hydrated, be patient and seek medical advice before beginning a new fitness plan.

Sailors visit the CSADD table to learn about upcoming events.



SARP's Annual Open House Aims to Educate Area DAPAs

STORY AND PHOTO BY MCSN JUAN A. SALINAS-LEÓN
NMCP Public Affairs

The Substance Abuse Rehabilitation Program staff at Naval Medical Center Portsmouth opened its doors March 5 for its fourth annual open house, offering an in-depth description of the program to Drug and Alcohol Program advisors.

SARP Portsmouth's open house educated the DAPAs and alcohol and drug control officers in the region about changes to the program since last year, as well as to keep them up to date on policies and instructions.

SARP's mission is to provide the tools to help service members achieve and maintain a substance abuse-free life. Treatment interrupts the current cycle of substance abuse, then motivates and supports a change in attitudes or behavior.

"It's really important in the field of substance abuse that we have a continuum of care with patients," said Senior Chief Interior Communications Electrician (SW/AW) Donovan Marlin, SARP's senior enlisted leader. "The continuum of care starts off with the DAPAs who send the patients here for treatment. We want the DAPAs up to date with all the pertinent instructions and they understand what their patient is going through while they're here. This should help them support the patient when they get back to their commands."

Attending this event increases a DAPAs or ADCOs awareness about what a person is experiencing while they're going through the program. The open house's presentations were largely based upon the feedback received from the DAPAs and patients. In addition to the presentations, they had question-and-answer sessions to answer any additional questions, Marlin said.

"I am an Alcohol and Drug Abuse Prevention Treatment Program technician, so we work a lot with NMCP's SARP for our patients," said Air Force Tech Sgt. Berdonda Walker who is with the 633rd Medical Group's SARP program at Joint Base Langley-Eustis. "Because we are an outpatient facility, we can only work with Level One patients. We work with SARP at NMCP for Level Two and Three treatment. We wanted to get more information on what their processes are."

Dr. Mike Foster, director for SARP, speaks about withdrawal symptoms during the fourth annual open house.

SARP Portsmouth provides screening, preventive and rehabilitative services for substance abuse or dependence. The program offers IMPACT (level .5); Level One, treatment; Level Two, Intensive Outpatient; Level Three, Residential treatment and Continuing Care.

"It helped me understand what Navy DAPAs do," Walker said. "It's very different from what we do. We are all strictly medical. I think it'll help me to at least understand the process better. I'll be able to know what they're looking for when we send people down here, so they can receive better treatment."

People interpret instructions differently. To make sure DAPAs are all on the same page, the staff took a look at where other DAPAs are in the process so that they could all grow and improve, Marlin said.

"I think it's good to intermingle with all the other DAPAs," said Chief Aerographer's Mate (IEW/AW/SW/IDW) Kristine Ingle. "Hearing about what's going on at other commands, as well as different changes they're talking about making here, allows us all to progress together."

The event helps DAPAs get the paperwork right which is necessary to give people the care they require and better treatment, said Lisa Green, the case manager's assistant and continued care coordinator at SARP Portsmouth.

"I want to change the perception of SARP so that it's okay to get help for mental health, it's okay to get help when you're dealing with substance abuse," said Marlin. "We have a lot of hard working professionals here who really love what they do. It's a very fulfilling job, and I'd like for the fleet to know that."

"We do not have a waiting list and we are here to make DAPAs' jobs easier," said Cmdr. Raymond Nairn, SARP Portsmouth's department head. "We don't need to be difficult about getting people into treatment. I'm trying to make sure that DAPAs know about our website and that they can go to it."

SARP Portsmouth currently provides care for the Tidewater enhanced Multi-Service Market and intends to be the residential treatment center of choice for the DoD in Virginia and North Carolina by the end of 2016.



Medical Recruiters Tour Medical Center during Weeklong Academy

Twenty-six medical recruiters from around the country visited NMCP March 11 for a tour and discussion panel. Divided into two groups, they toured the Simulation Center, operating room, Intensive Care Unit and Physical Therapy Clinic. The discussion panel consisted of eight staff who had been recruited through a special medical program or had experience with applicant selection boards or medical officer detailing. The purpose of the tour and panel was to familiarize the recruiters with the staffing and capabilities of a medical center, better preparing them to speak with potential candidates for recruiting into the Nurse Corps, Medical Corps, Dental Corps and Medical Service Corps.



HMC Alvin Nillasca, from Navy Recruiting District Miami, practices on equipment in the virtual surgery room in the Healthcare Simulation Center.



Photos by MC2 (SW) Kathryn Wrobel
Cmdr. William Wiegmann, Operative Support Services interim department head, briefs the recruiters on the features and capabilities of NMCP's operating rooms.



Lt. Cmdr. Melani Harding gives recruiters a tour of the Intensive Care Unit.



Lt. Cmdr. John E. Alex, Healthcare Simulation Center deputy director, (operating computer) demonstrates the features of a progressive simulator.



Navy medical recruiters gather before the tour of NMCP.

Left: Cmdr. Matthew Case, director for Administration, answers a question during the panel discussion. Recruiters had a question-and-answer session to help them recruit candidates for the Nurse, Medical, Dental and Medical Service corps.

NMCP Doctors Get 'Schooled' on Teaching Methods

STORY AND PHOTOS BY
MC₂ (SW) TERAH L. BRYANT
NMCP Public Affairs

The Uniformed Services University of the Health Sciences hosted a faculty workshop March 3 – 4 at Naval Medical Center Portsmouth to further train NMCP's doctors about teaching medical students, including becoming more effective teachers, defining learning strategies and how to give students constructive feedback.

The medical center is a major teaching facility with 20 accredited medical internship, residency and fellowship programs serving more than 250 physicians in training annually. Training programs are also offered for nurses, physician assistants, radiology technicians and other allied health professions.

"The purpose of the workshop is to help faculty become better at teaching, because they already know how to be doctors.

"We're in medicine, so we need people with a degree in medicine to teach us, and they have to have a teaching certificate," Servey said. "You can be the most competent doctor, but you may not be a great teacher. A teacher has to be able to allow the student to make mistakes without hurting the patient."

The goal is for faculty to gather enough credits to earn a teaching certificate after attending workshops over the course of several years. Faculty will learn basic foundational skills in education as they earn their certificate.

The schedule for the workshop was created based on staff feedback on which courses are needed, interesting or will

benefit their particular department.

USU intends to host workshops every six to 12 months, visiting each medical training facility, each time presenting new topics, but also repeating basic courses that are important. Lectures that were pre-

to look at a resident and tell them that they are wrong. We don't want to be mean to people, but we need to tell them they are doing something wrong, so they don't do it again, or that it is right, but there is a way to (convey that message constructively)."

Servey encourages teachers to give feedback every day, because physicians need feedback to grow and every patient encounter is different.

"When we talk about feedback to our learners, it has been proven that it increases patient satisfaction and patient outcomes," Servey said. "The patient feels satisfied because we are talking in the room and, as we are educating the resident, we end up educating the patient as well. We end up working better as a team and improving patient outcomes."

Cmdr. Jay Allard chose to attend multiple lectures, including Becoming Effective Teachers and Defining Learning Strategies, because he felt they would benefit him most in developing his department's faculty. Allard is a staff gynecologic oncologist and the program director for the Obstetrics-Gynecology Residency Program at NMCP. He has been designated a USU assistant professor.

Allard believes these workshops benefit everyone, from faculty to the patient.

"The faculty members have an opportunity to become better teachers and, by doing so, this helps to drive their interest in teaching and excitement about teaching," Allard said. "By becoming better teachers, we are more able to prepare our residents in all specialties. The residents can therefore obtain more effective teaching with the hope of becoming better physicians."

According to Allard, the value for the patients is having more interested and invested physicians who are constantly trying to improve their care.



Air Force Col. Jessica Servey, assistant dean for faculty development at USU, speaks with NMCP faculty members about providing feedback to students.

The two-day workshop featured lecture topics geared to benefit the faculty the most. Nearly 100 faculty members attended the workshop, participating in multiple lectures presented by three USU staff.

"We leave medical school and people assume we know how to teach, but that is something we are not taught," said Air Force Col. Jessica Servey, assistant dean for faculty development at USU.

sented to faculty have been studied and are proven to improve patient care.

"Most of the lectures are education based, including how you give feedback and write evaluations or narrative, which is the same regardless of the medical specialty," Servey said. "These are necessary skills."

Servey spent three hours on her feedback lecture, which she said "seems like a simple topic, but it's not. It's the ability

Gifts Sent to Peds Ward from Sailor in Japan

Chris Brogan, NMCP's child life specialist, shows off gifts from Air Force Tech Sgt. Clayton Holcomb stationed at Misawa Air Base, Japan. Holcomb, his wife, and fellow co-workers of the 35th Communications Squadron raised approximately \$1,000 to buy the Pediatrics Ward a new PS3 and Xbox 360, complete with controllers and games. To top off their generosity, a check for \$2,600 was also sent as a donation for the ward to purchase other toys.



Photo by MC2 (SW) Terah L. Bryant

Chris Brogan shows off generous donations made by the Holcomb family stationed on Misawa Air Base, Japan.

DEPLOY — Continued from page 1

ing care and setting the standards for processes and expectations.

"Those who we see are going through the Physical Evaluation Board process, people on a Medical Board, Limited Duty and wounded warriors," said Hospital Corpsman 3rd Class Bradley Hubbell, a corpsman on the Medical Home Port team. "We are their Medical Home. Instead of them being seen through the Family Medicine Clinic, they see one provider here as their primary care manager to keep the continuity of care."

There are 330 patients assigned to the clinic's PCM, and she treats 12 to 14 patients a day. The nurse and the corpsmen on the team see additional patients who require a lower level of care. The clinic offers same-day acute care appointments in the morning, and established appointments throughout the rest of the day.

"They are here to have treatment success and then return to the fleet," Hubbell said. "As part of the Medical Home model, we see anything from medication refills to specialty care referrals to 'now I need this procedure.' We do everything Family Medicine can do, just for this specific population."

As an assistant deployment coordinator, Hospital Corpsman 3rd Class Chloe Easter is a liaison who helps on the administrative side.

"I track the members from the moment they step on board the command until they detach, whether they are transferring to the fleet or separating from the Navy," Easter said. "I ensure they are being seen routinely throughout their limited duty. I make sure they have access to timely appointments and that they get to those appointments."

"If the member has a condition that does not get better, they are put on a Physical Evaluation Board. If they are found fit for full duty and are returning to the fleet, I assist them with



Clinic corpsmen, HM3 Mason Wilson and HM3 Bradley Hubbell, join Capt. Darin Via to cut the ribbon during the Deployability Clinic's open house.

contacting the detailer for orders and completing the necessary sea duty screening and administrative aspects of preparing to transfer."

As the clinic developed, the team of corpsmen had a crucial role in creating the operational procedures for the clinic. Hubbell was previously stationed at Naval Hospital Pensacola, Florida, and had helped merge the Medical Home and Pediatrics clinics there. He used lessons learned from that experience to help shape the Deployability Clinic into what it has become today.

"The feedback I've received is they like the fact it's a one-stop shop now," Hubbell said. "We get good feedback and constructive criticism that we use to continue to refine the processes."



Photos by Rebecca A. Perron

Civilian in the Spotlight

Kim M. Gunzelman

Hometown: Somerville, New Jersey

Years of service: 2 as a civilian; 20 years at NMCP; 21 years active service, retiring as a chief hospital corpsman.

Job: Simulation technician/GMO Curriculum Training Program coordinator

What do you like most about your job? The opportunity to train and assist NMCP staff members in all entities of medical simulation. The diversity of equipment and knowledge needed is always a great challenge and enjoyment to learn. Being part of a great team and awesome command makes the job so much easier!

What do you do in your off-duty time/hobbies? I enjoy being outdoors, especially working in the garden and yard. When it's raining, you can always find me scrapbooking.

Favorite movie: The Sound of Music

Favorite food: Pizza

Anything else interesting about yourself that you would like to tell us? I have been with my childhood sweetheart for more than 30 years and have three wonderful children.

Why was she nominated as Civilian in the Spotlight? "Kim has been nominated due to her enthusiastic, 'can-do' attitude," said Cmdr. Michael Spooner, director, Healthcare Simulation and Bioskills Training Center. "Upon arriving at the Simulation Department, Kim immediately demonstrated her superb initiative and organizational skills. Never one to say no, Kim is sought after for her simulation knowledge, administrative expertise and superb customer service. Her most acknowledged accomplishment has been the recent implementation of the new GMO Curriculum Training Program. Kim has become an invaluable asset as the coordinator of this program. She is a valued team member of the Healthcare Simulation and Bioskills Training Center team."

Sailor in the Spotlight

HM2 Steven Nicholson

Hometown: Wichita, Kansas

Years of naval service: 8 years; 1 year, 6 months at NMCP

Job: Visual Information Department leading petty officer

What do you like most about your job? I enjoy the people I work with.

What do you do in your off-duty time/hobbies? I enjoy eating strange foods, talking to random people, and adventuring into the unknown.

Favorite movie: Fifth Element

Favorite food: Anything with an egg on top.

Anything else interesting about yourself that you would like to tell us? I enjoy freehand drawing alongside computer graphic design. Currently, I am learning photography, and find that I enjoy anything outside in nature.

Why was he nominated as Sailor in the Spotlight? HM2 Nicholson is nominated for his leadership of five Sailors and five civilians in the daily operation of the Visual Information Department," said Chief Hospital Corpsman (SW/AW) Lestary T. Plair, Directorate for Professional Education senior enlisted leader. "Additionally, he serves as directorate DAPA ensuring all leadership receive ADAMS and AWARE training. He is responsible for processing ISO Preps photos for 342 Sailors in preparation for Continuing Promise 2015, and passport photos, service record photographs and business cards for the command. VID is very focused on customer service and aims to provide the best. HM2 Nicholson goes above and beyond to ensure timely delivery of medical photographs and all graphics requests. He is a great addition to the Directorate of Professional Education and to NMCP."



AWARDS

NAVY & MARINE CORPS COMMENDATION MEDAL

Lt. Cmdr. Jose Mercado
LSC (SW/AW) Brandy Jones
HMC (FMF) Kenneth Walters Jr.
IC1 (SW/AW) Jorge Dinarte
HM1 Keisha Smith

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Jennifer Gibbons
Lt. Zackary Schroeder
Lt. Mary Sivulich
Lt. j.g. Desmond Keme
Lt. j.g. Kirra Tobias
HM1 Dedra Boyd
BM2 (SW) William Mccann
FC2 Jasmine Kelly-Romero
HM3 Jessica Atwood

HM3 Josh Dupree
SH3 (SW) Katharine Gamache
HM3 Gina Hannack
HM3 Kiara Hawkins
HM3 Neal Jarboe
HM3(SCW) Brandon Wicker
HN Kayla Currithers
HN Marissa Graham
HN Ryan Moore
BUCN Lindsay Spandley
HN Sherina Wordlaw

NAVY MERITORIOUS CIVILIAN SERVICE MEDAL

Bernardita Walsh

MILITARY OUTSTANDING VOLUNTEER SERVICE MEDAL

HN Stephen Dabreo

SOCIAL — *Continued from Page 9*
you get strong.”

Tuula Koraska, an LCSW in the Adult Mental Health Clinic, also treats patients who are suffering from a difficult experience, but that experience is from trauma in the line of duty. The trauma may come from back-to-back combat tours, such as the kind chaplains or corpsmen who were assigned to Marine units experience.

“Our personnel serve so many roles over there, and when they come back, they think they are supposed to be ok because of the military culture,” Koraska said. “Then they find they can’t sleep, or are snapping at family and friends. After they complete therapy, many of them are able to return to duty because their trauma has been cleared.”

A family experience inspired Koraska to become a social worker, and she now has the job she “went to school to get.”

“I believe this is the Navy’s version of private practice,” she said. “They hire licensed mental health professionals, and they allow us the dignity and grace to serve the military population.”

Koraska said that people find it very therapeutic to have a place where they

can speak, but that social workers provide more than just “talk therapy.” She’s been trained in eye movement desensitization reprocessing, or EMDR, therapy.

“It is a DoD and VA-endorsed evidenced-based treatment for trauma, which is one of three such treatments we offer here,” Koraska said. “Through audio, visual or tactile stimulation, the treatment gives the patient the ability to reprocess the trauma and lay the memory to rest. The nightmares stop, they stop being so anxious and angry, and it is absolutely miraculous to watch.”

Regardless of the specialty of NMCP’s social workers, they all have one thing in common: the love of advocating for service members and their families.

“I began advocating for military families when I was a civilian, and in that process, I really became interested in how military families are impacted by active duty service members’ tours of duty, operational experience, deployments and financial needs,” Vealey said. “Right now, my area of focus is crisis stabilization. I recently got my Ph.D., so I also do research with the Marine Corps on gender integration topics as active duty women

are being moved into combat-designated roles. I do research as a social worker and clinical work at NMCP.”

Vealey recently began the Crisis Stabilization Program which is nearing the end of its pilot phase. The program offers specific treatment to service members in crisis – those presenting to the emergency room with an acute psychiatric crisis or those recently released from inpatient mental health care.

“We can better offer the kind of care they need right away,” Vealey said. “I think as a social worker, by being able to assess and intervene early, we can advocate for people in a way that preserves their dignity and self-respect.”

For many social workers, caring for those who wear the uniform is the most rewarding part of their work.

“I love serving the Navy and I feel like it keeps me within the setting of the culture where I’m actually helping to effect change in the military arena, because I’m part of that military community,” Vealey added. “I feel like the Navy’s given me the opportunity to wear all the hats of a social worker in the everyday duties I perform as a licensed clinical social worker here.”

SHIPMATE OF THE MONTH



Photo by MC2 (SW) Terah L. Bryant

HM3 MALISA GEORGE, DPE
 HN ALEXANDER MESSICK, DCSS
 BMSN KESHAWNDA MORROW, DFA
 CTT2 JOANNE ANTOINE, COMMAND SUITE
 HA MAJIC LANIER, DNS

HN MITCHELL SOLES, DMS
 HN DAPHNE CARDELL, DMH
 HN EMILLIO SAENZ, DSS
 HN CODY PIRO, DPHS
 HM2 GERALD CASARENO, DPC



Photo by MCCS (IDW/EXW/AW) James Perkins

Officers of the Quarter

The Officers of the Quarter for the 4th Quarter were recognized March 5 by Capt. Darin Via, NMCP commanding officer, who presented them with certificates and coins.

Recognized were, top row: Ensign John Barrow, Nurse Corps; Lt. Cmdr. James Corbett, Dental Corps; Lt. Andy Keller, Nurse Corps. Bottom row: Lt. Cmdr. Kristina St. Clair, Medical Corps; Lt. Jannifer Wick, Medical Service Corps; Lt. Cmdr. Beth-ann Vealey, Medical Service Corps.

Not pictured: Capt. Daniel Kirkwood, Dental Corps; Cmdr. Karl Kronmann, Medical Corps; and Lt. Cmdr. Bennett Davis, Medical Corps.